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Pacific Hosts Student Involvement Week

Campus Alive with Club Rushes, RSO Orientations, Meetings, Events and More

Andrew Rocha
Copy Editor

It goes without saying that the University of the Pacific is a prestigious school with many note-worthy qualities. One of the qualities is the dedication and care the university shows toward their on-campus clubs and organizations, from fraternities and sororities to the cultural clubs. ASuop is in charge of overseeing these organizations. They provide room reservations, advertising, funding, event planning, educational workshops, and much more to Pacific students and their organization.

Last Saturday, September 17th, ASuop held their annual Registered Student Organization (RSO) Orientation. The RSO Orientation is an event all presidents and treasurers of on-campus organizations have to attend to learn regulations involving recruitment, funding, advertising, and other practices. Organizations are also being encouraged to utilize OrgSync, a website designed to help organizations keep track of members, post events, and much more.

The RSO Orientation did take place on a weekend



morning. While many students dreaded having to attend the orientation, they still showed up because they cared about their clubs and organizations and were willing to sacrifice a part of their Saturday for them. Patrick Day, Vice President of Student Life, reminded those students in attendance that they are leaders and that their commitment is making a difference for their organizations and they should feel a sense of pride in their role as leaders.

With Pacific's Student Involvement Fair being hosted last week on September 14, there were some questions as to how active these clubs and

Greek organizations will be on campus. Hopefully, time will show a growth in student involvement and Pacific's organizations will bring positive attention to the University of the Pacific. Pacific's clubs and organizations will have the support from ASuop and Student Involvement Office to make students' experiences fun and memorable.

Pictured: (top) Members of Kappa Alpha Theta sorority at the Pansy Picnic on Saturday, September 17. (top right) : Amaris Woo and student President Duy Tang saw tons of interest at the newly-reformed Pacific Photography Club booth.



PC: RAY WONG



PC: RAY WONG

Bottom right: MEChA members pose with hashtags in protest of recent oil line construction on Native American cemeteries.

Students Share Stories of Education Abroad

Jeremy Gottschalk
Editor

When considering a university from which to pursue a degree, a majority of U.S. students don't factor the likelihood of traveling abroad into their curriculum. According to a NAFSA survey conducted in 2013-2014, less than 1.5 percent of students attending higher-education schools studied abroad. Of that statistic, about 75 percent of them were Caucasian. The second-highest demographic were Latinx and Hispanic students at 8.3 percent. Why is it that more American-based students don't travel abroad as a means to study? What programs does the University of the Pacific offer to students who wish to see the world before turning to full-time employment after college?

Lauren Miller, Assistant Director, International Programs and Services, hopes to break down perceived barriers associated with education abroad. Miller stresses that it is rare for a major to hinder travel, saying students just need to plan ahead and talk to their advisors to see when the best time to study abroad might be. Miller explains, "One of the most rewarding aspects of my job is listening to students' stories when they return from studying abroad; they are almost always more mature, self-confident, and intellectually curious upon return."

Jackson Stephens chose CIEE, or the Council on International Educational Exchange, to pursue education abroad to both Santiago, Chile and Iringa, Tanzania. CIEE is a non-government organization with the purpose of providing international education and exchange. Stephens spent two semesters abroad staying five months

at each location. Stephens advises, "Take advantage of as many opportunities as you can, especially traveling when you have free time and a budget! If there is an excursion set up by the program that is free or required a small fee... do it. It is worth the time and any trouble."

When asked about some of the difficulties to traveling, Stephens says, "I speak Spanish fluently so I could communicate in Chile, but they are known for speaking fast, using unique slang, and a very thick accent." He also mentioned overcoming language barriers through taking Swahili beginner's courses while studying in Tanzania. Other obstacles include U.S. State Department guidelines, and a stringent timeline on preparing your passport for international travel. Education Abroad programs work to alleviate the stress of this process and offer online resources to plan your trip.

Well, what about costs? Stephens says, "I did not receive financial aid specifically to study abroad, but received the normal scholarships and grants that I would for a semester of classes at Pacific. As an overall recommendation, Stephens says, "I would recommend and encourage others to study abroad! It is something I will never regret, especially since I am not sure whether or not I will be able to return."

Katie Ram, '17 Physics Major, used IES Abroad, or the Institute for the International Education of Students Abroad, to plan her trip. Ram says, "Studying abroad offers a broad range of experiences. Although I had plenty of time to check out all the major tourist attractions, over the year I saw so much more". When asked about her perception of students of her host country, Ram says, "Students gener-



PC: ASHLEY LEDGERWOOD, KATIE RAM, STEPHEN JACKSON

Pictured: Students Ashley Ledgerwood at Gyeongbokgung Palace, South Korea (top left); Katie Ram backpacking Torres del Paine (the Chilean Patagonia) with UOP student Armand Matossian (top right), Ram with group at Machu Picchu (middle right photo, bottom left); Jackson Stephens traveled to both Tanzania and Chile (bottom) all while attending Pacific.

ally live at home. There is no on-campus housing which leads to a much different atmosphere than what we are used to at Pacific. No studying in the library late at night, it closes early. No longboarding to class in three minutes, I was happy to get to class in 45 minutes by bike. There were much fewer clubs and no Greek life. In fact, many Chilean students asked me if all fraternities and sororities are like what they've seen in movies."

How did costs compare to Pacific semesters? Ram recalls, "Traveling was not expensive in the host country. Despite living in a Latin American country with the highest cost of living, I spent the same if not less while abroad than when I am here at Pacific, and that includes the round trip flight cost. Ram concludes, "I would definitely recommend that every student go abroad,

because it offers exposure to new perspectives and ideas while challenging your values, beliefs, and identity. Ram also hosted a blog site while she was abroad; you can check it out at www.IESabroad.org/KatieRam for more on her adventures.

Cross-cultural experiences shape the education abroad programs. Ashley Ledgerwood, a Pacific student pursuing her teaching credentials, says the choice to go to South Korea was both a rewarding experience and one of the hardest challenges she has ever faced. Ledgerwood explains the major difference in schooling abroad. "Most importantly, education is taken so seriously there, and teachers are highly respected", Ledgerwood says, "Before every class we would formally greet the professor and only after the professor was finished with the lesson would

we students pack up but only after collectively thanking the professor for the lesson".

When asked on her position to recommend travel to other Pacific students, Ledgerwood says, "I want to encourage others to study abroad or even just travel and stay somewhere long enough to connect with others from around the world. The experience is unique to everyone and can be truly life-changing. It was both a vacation and the hardest challenge I have ever faced."

Deadlines for the spring submissions for education abroad programs are Sept. 24, so don't delay. For more information on countries involved in study abroad, scholarships, planning, guidelines and deadlines, check out Pacific's International Programs and services website at <http://pacific.abroadoffice.net>.

Club Spotlight: VSA Shines Light on Moon Festival

Ashley Pham
Lifestyles Editor

Moon Festival, Mid-Autumn Festival, and Tet Trung Thu are the many names of the yearly, multicultural celebration that VSA celebrated on Tuesday, September 20, 2016.

VSA is Pacific's Vietnamese Student Association and "Tet Trung Thu" is the Vietnamese name for the celebration that occurs specifically on a night with a full moon. President Lynnette Nguyen described it as a festival that "celebrates family and prosperity. We like to have our first general meeting on Mid-Autumn Festival, because VSA represents family to me." Diemmi Nguyen, the Public Relations Chair for

this term, further explained that this day and festival is dedicated to children, including games, candy, lanterns, and lion dances.

To celebrate Mid-Autumn Festival, VSA decorated the UC Ballroom and dressed in traditional Vietnamese dresses called "Ao Dai." They invited people of all grades and cultures to come celebrate with games and food. They served delicious food from the culture: chow mein, fried rice, banh beo, egg rolls, and most importantly, the essential Moon Cake to celebrate the Festival. VSA spoiled its audience with a variety of lotus seed, mung bean, red bean, trail mix, and durian Moon Cake.

It is very refreshing to see a group of students celebrate

their culture with others, and in addition to that, find a family away from home. Not only does it employ an "Anh, Chi, Em" program, translating to "Big brother, big sister, younger sibling," but its members are testaments to the idea that being involved in VSA gave them a sense of belonging.

In store for VSA this semester is: the NorCal UVSA Summit, an International Dinner, Pho Night, White Elephant to celebrate Christmas, and fundraisers. In the meantime, for those of you who are looking for a group of welcoming people, regardless of ethnicity, VSA meets every Thursday in the Multicultural Center from 7 p.m.-8 p.m.



PC: RAY WONG

Highlighting Pacific Wellness: Tame The Tiger

TAME THE TIGER

Mastering Stress



Presented by PacWell

SEPTEMBER 27TH & 29TH

<p>TUESDAY</p> <p>De-Stress Fair</p> <p>11:30 AM - 1:30 PM</p> <p>UC Lawn</p>	<p>TUESDAY</p> <p>Dr. Robin Zasio</p> <p>7:00 PM - 8:00 PM</p> <p>UC Ballroom</p>	<p>THURSDAY</p> <p>De-Stress Fair</p> <p>11:30 AM - 1:30 PM</p> <p>Health Sciences Lawn</p>
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Sponsored by
Pacific Arts and Lectures



PacWell: STRENGTHENING THE WHOLE PERSON

Ashneil Randhawa
News Editor

Some Pacific students may remember their introduction to Pac-Well, short for Pacific Wellness, as the University's program which aims to bring wellness and eliminate stress in the lives of Pacific students. As part of this program, Pac-Well has put on numerous events in the past and are planning more events for the month of September.

Pac-Well focuses on eight dimensions of wellness: emotional, environmental, financial, intellectual, career, physical, social, and spiritual. These areas were chosen because students were likely to experience difficulties, anxiety, and stress. All Pac-Well events are related in achieving wellness in these eight dimensions.

Pac-Well is hosting its Wellness Walk from now through December 19th. The

Wellness Walk, also in association with Pacific's Baun Fitness Center, is a series of walks that allows students to reflect on certain dimensions of wellness, like physical and emotional. Students can pick up a pedometer and punch cards from Baun Fitness Center front desk. They can choose a daily goal of certain number of steps and turn in punch cards for prizes.

Pac-Well is hosting a marquis event, known as "Taming the Tiger", that runs from September 27th to September 29th. The event kicks off on September 27th with the De-Stress Fair at the UC Lawn. The fair will feature many different attractions to de-stress and reduce students' anxiety. One activity focuses on cultivating mindfulness in students. Mindfulness, also known as mindfulness meditation, is a practice originally borrowed from Buddhism focusing on breath and emphasize being in the moment

instead of thinking in the past or future. The practice has recently exploded in popularity to reduce anxiety, stress, and depressive symptoms. Schools and corporations have implemented mindfulness practice for their students and employees. Pacific's Counseling and Psychological Services (CAPS) has instituted a therapeutic program using mindfulness techniques, called RIO.

On September 27th, Dr. Robin Zasio, who specializes in reducing stress and anxiety, will give a talk on reducing anxiety at the UC Ballroom. Dr. Zasio has appeared on television programs, such as "Hoarders" and "My Extreme Animal Phobia".

On September 29th, the De-Stress Fair will move to the Health Sciences Lawn.

Tigers Split WCC / Pac-12 Showdown



PC: LAUREL MEGHAN PHOTOGRAPHY

Zachary Withrow
Sports Editor

The Pacific volleyball team sustained a .500 record last weekend, moving to 6-6 on the season by dominating Cal but falling to No. 12 Stanford in the WCC/Pac-12 showdown at the Spanos Center.

On Friday, the Tigers defended home court by sweeping three sets against the Cal Bears, trouncing the visitors

25-15, 25-17 and 25-14. The women's team was led by Emily Baptista '20 and Lexi Elman '17 in the kill department, with the two putting up 10 and nine, respectively. Andie Shelton '18 also had a big night for Pacific, recording seven kills on eight attempts, 30 assists and six digs. The Bears were led by Jenelle Jordan, who had eight kills, two blocks and three digs for the match, and Bailee Hui-

zenga, who had seven kills and one block. From the start of the first set, Pacific forced the Bears to play catch-up. Pacific ended up winning the set by that same margin, 25-15.

The Bears made things a little more interesting in the second set. The Tigers took the first two points, and the Bears answered right back with two points to even the score. The teams traded points to make it 4-4, then Cal took its first lead of the game, 5-4, on a Pacific error. The Tigers quickly retook the lead. After Cal tied it at eleven, Pacific finally began to pull away from the visitors. Kills by Ashlyn Fleming '20, Baptista, and Elman helped build a 16-12 lead for the Tigers, and the squad never looked back. The Bears would not get within three points the rest of the set, and the Tigers took it 25-17. Pacific finished off the game with a dominant third set. The women opened up a 10-4 lead,

thanks in part to kills from Skylar Wine '20, Janie Feldsher '18, Shelton, and Elman. The Bears never seriously threatened Pacific's commanding lead, and the Tigers took the final set 25-14. The women hit .393 on the match, while holding the Bears to .131. Saturday saw the Tigers go for the weekend sweep against the No. 12 Stanford Cardinal, but the Tigers could not pull off the upset. Stanford took three sets, 25-21, 25-22, 25-17. In the match's first set, the Cardinal jumped out to a 7-2 lead, after three attacking errors by the Tigers. Elman and Fleming helped Pacific fight back to make it 7-5, and the Tigers stayed within three points until three consecutive errors by Stanford tied the game at 13. Elman then gave the Tigers their first lead with a kill, assisted by Shelton. The women went back and forth, and the Tigers kept it close. The Cardinal won the set 25-21. The Tigers came

out competitive in the second set as well, but Stanford kept a steady lead in the early goings. Pacific made a run late in the set, which began with Stanford up 20-15. Feldsher and Wine had kills to make it 20-17, and two consecutive kills from Baptista put the Tigers within one. A few plays later, Baptista had another kill to tie the set at 21, and she answered Inky Ajanaku's kill with another to make it 22-22. Tigers lost the next set 25-22. The Cardinal began to pull away, though, and ended up taking the next set, 25-17, and the match. Tigers played a great match against the Cal Bears and competed admirably against a heavily-favored Stanford team. The team tries to push its record above .500 when it takes to the Spanos Center tonight against Portland.

President Eibeck's 2016 Holiday Card

Design Contest

Show your Tiger pride by designing the President's 2016 holiday card

Winner receives a prize!

- Submit a jpg or pdf of your photo, artwork or design to president@pacific.edu
- Nondenominational designs are encouraged
- Images must be 5 x 7
- Horizontal and vertical formats accepted
- Two entries maximum per student

Artwork due by October 17

Questions? Call 209.946.3994 • Pacific.edu/President

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